



Dalcroze Eurythmics ~ a brief introduction

In many cultures music and dance are thought of as the same thing, with one word in the language where English has two. We can observe this strong connection in the way small children react to music – **and also feel it in our own lives. Sometimes it's very hard to stand still!**



While teaching at the Geneva Conservatoire the musician, composer and teacher Emile Jaques-Dalcroze (1865-1950) recognised that this link had been trained *out* of his students, with feeling and communication having been subjugated to the notes on the page and instrumental technique. He developed a method of creative music education where students learn through physical experience, moving in response to musical cues. His method is pertinent at all stages of music discovery, beginning with learning to keep a steady pulse and on through expressive movement, listening and singing to creative music making, improvisation and choreography. Working individually, in pairs, small groups and whole classes, students learn to observe, respect and respond to others through the medium of music and movement. Having gained an embodied knowledge and understanding of musical concepts, these skills are then transferable to all genres of music and instruments.

The method is highly adaptable and is used around the world in a variety of settings beyond educational institutions, including classes for older people (falls prevention and social interaction) and for people living with Parkinson's. **Dalcroze believed that** everyone learns best when they are enjoying themselves, so having fun is an integral part of the experience.